



Vol. 30 No. 16      FRIDAY, APRIL 25, 2003  
RAF LAKENHEATH, UK      [www.lakenheath.af.mil](http://www.lakenheath.af.mil)

**Best in AF**  
**48th LRS takes**  
**top honors**



**Celebrating our environment**

**PLUS: SFS down range • Warming up to golf fitness • The Beatles**





JET 48 Vol. 30 No. 16  
Friday, April 25, 2003

**Brig. Gen. John T. Brennan**  
48th Fighter Wing commander

**Maj. Francisco G. Hamm**  
Public affairs chief

**Master Sgt. Will Ackerman**  
Public affairs superintendent

#### JET 48 STAFF

**1st Lt. Chris Watt**  
Deputy chief of public affairs  
Chief of internal information

**Senior Airman Jeff Hamm**  
Editor

**Senior Airman Lynne Neveu**  
Staff writer

**Tabby Casto**  
Jet 48 intern

#### HOW TO REACH US

##### Submissions

**Email:** jet.48@lakenheath.af.mil

**DSN:** (314) 226-2151

**Fax:** 44+(1638) 525637

**Phone:** 44+(1638) 525640

**Editorial office:** Jet 48, Unit 5210 Box 215, APO AE 09461

All correspondence should include the writer's full name, address and telephone number and may be edited for clarity and space.

**Deadline for submissions** to the Jet 48:

- ☐ Noon Wednesday, ten days prior to publication
- ☐ Noon Monday prior to publication for weekend events with advance notice to editor.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photographs are Air Force photos unless otherwise indicated. The public affairs office reserves the right to edit all material submitted for publication.

##### 48th Fighter Wing Public Affairs

**Mail:** 48FW/PA, Unit 5210 Box 215, APO AE 09461

**Email:** 48fw.pa@lakenheath.af.mil

**Phone:** 44+(1638) 522151

##### Advertising

For advertising rates and information, call 44+(1428) 609920

The Jet 48 is published by Forest Publishing (E.A.) Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Jet 48 are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

## AT A GLANCE

### 4 COMMANDER'S FORUM

- ❖ Volunteers: Making great things happen, one opportunity at a time

### 7-10 NEWS

- ❖ 48th Logistics Readiness Squadron plans takes best in Air Force
- ❖ How to get rid of hazardous waste

### 13 AROUND THE AIR FORCE

- ❖ Romanian gym an exercise in lifting

### 14-17 FEATURES

- ❖ Liberty Warriors focus on environment
- ❖ Local dog does good

### 19 SPORTS

- ❖ Golf fitness important at every skill level

### 21 PERSPECTIVES

- ❖ Doing our best to curb child abuse
- ❖ Keeping yourself safe in the community

### 22 DISCOVER BRITAIN

- ❖ Liverpool and the Beatles

### 25-26 COMMUNITY

- ❖ Searching for Easter eggs
- ❖ What's playing? Check out the movie schedules



Photo by Maj. Francisco G. Hamm

#### FLYING HOUR PROGRAM STATUS



*In an effort to keep Team Liberty updated on the wing's progress in the Flying Hour Program, this infographic appears in the last Jet 48 every month. For the 48th Fighter Wing, the status of the FHP is a major factor in determining whether or not Team Liberty can take a day off for reaching a goal.*

#### ON THE COVER

Earth Week 2003 gives Liberty warriors the chance to participate in a number of events to improve their environment.  
Graphic by Senior Airman Yasemin Clark. For story, see Pages 14 and 15.

# Volunteers: making great things happen, one opportunity at a time

BY COL. JOHN SNIDER

48TH FIGHTER WING VICE COMMANDER

As our country engages in the global war on terrorism and Operation Iraqi Freedom, please join me in recognizing the efforts of the people in this community who volunteer their time to help keep the mission going here at home. As we celebrate our Liberty Wing Volunteers of the Year during a ceremony this afternoon, now more than ever, we need our volunteers to continue to do great things for Team Liberty and be ambassadors of the U.S. Air Force and our country within our local community.

From the earliest days of our nation's history, the spirit of volunteer service has been reflected in neighbors helping neighbors overcome obstacles to the pursuit of happiness. The freedom and individual rights at the core of our society come from a shared responsibility for the health and well being of our communities and for each other.

Volunteering renews our connection to our community, builds self worth and teaches social responsibility to our children. Through volunteering, we learn compassion, tolerance, and hopefully, a sense of duty to respond when people are in need. Volunteers are vital to our community's survival and they deserve to be recognized. Without volunteers who help in the Airman's Attic, the thrift shop, the post office, read to our children during story hour, teach babysitting classes and myriad other tasks, this wing would be hard pressed to provide as much support to our people as we do.

The actions of these unsung heroes so often go unnoticed until they PCS or choose to do something else. Their volunteer work is a combination of love — love of community, love of what they do — and the selfless giving of that precious entity, time. In the Liberty Wing, we have more than 526 volunteers who collectively donate more than 17,000 hours of time simply to serve. And there are probably a lot more out there who do volunteer work that we don't even know about it.

Also, this week we have been celebrating Earth Week 2003, an all-volunteer effort focusing on environmental awareness. The Liberty



Photo by Maj. Francisco G. Hamm

Attika Sherrod, 48th Logistics Readiness Squadron, and Tom Billings, 48th Civil Engineer Squadron Recycling Center, discuss recycling Tuesday. Sherrod is a volunteer at the center. More than 500 Liberty Warriors volunteer in their spare time.

Wing still has ample volunteer opportunities today and tomorrow. See Page 14-15 for the complete story and call the event project officer, Jean Dennett, at 226-3990 for more information.

So from the leadership of this wing, thank you to all our volunteers for your time, for your spirit, for doing what you do for nothing but an occasional pat on the back. Without you we couldn't maintain the spirit of this community and the great relationship we share with our British friends and neighbors. I urge each of you to reach out and thank the volunteers in your organization.

Volunteering is the spirit of America and Team Liberty.

## YOUR LINK TO THE COMMANDER

**ACTION LINE** The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 7-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

  
48th Fighter Wing commander

### Transportation augmentees

The security forces have augmentees. As I understand it, most of the people on base who normally use transportation have had make plans of their own for an indefinite amount of time because of

current force protection levels.

Because of this, we have found transportation is used to shuttle people back and forth from the centralized flightline parking lot. I am wondering why transportation augmentees do not exist at this base just as there are security forces augmentees. Other bases I have been to in my career have had transportation augmentees.

Thank you for your inquiry. First, I want to emphasize that force protection (protecting our people and resources) remains our wing's number one priority. Because of that, we had to divert resources and limit base services. Current force protection measures have inconvenienced many of our base personnel. Almost 10 percent of our population have been working outside their normal duty sections in some augmentee role. We have personnel deployed to RAF Fairford,

working as contractor escorts or monitoring the buses our dependent children ride to school. Losing these personnel, combined with the added burden of implementing labor-intensive force protection measures, has heavily taxed our ability to maintain normal base functions.

Thankfully, the merging of supply, transportation and logistics plans into one squadron pooled their resources to allow them to provide transportation augmentation internally. This success story has reduced the impact on other base agencies. We appreciate your recommendation and request patience and consideration during the long-term implications of current force protection measures.

We must remember that protecting our troops, aircraft and infrastructure for future operations remains our number one priority.

# Logistics takes top honors with Air Force plans, civilian awards

BY SENIOR AIRMAN JOSHUA GORMAN

48TH FIGHTER WING PUBLIC AFFAIRS

The 48th Logistics Readiness Squadron and one of its civilian employees recently garnered Air Force-level awards for 2002.

The 48th LRS Plans Office earned the Air Force Logistics Plans Unit of the Year Award and William G. Pratt, 48th LRS chief of cargo movements, garnered the 2002 Air Force Transportation Senior Grade Civilian Employee of the Year.

Through the squadron's planning efforts, the 48th Fighter Wing successfully deployed 28 F-15C and F-15E aircraft and more than 1,000 airmen to numerous contingency locations over eight months in 2002.

One of Pratt's initiatives included the wing moving 35 tons of cargo by trucks into Turkey in October, the U.S. Air Forces in Europe first-ever ground deployment into the country.

Pratt was the driving force behind the success of that, according to Lt. Col. Nancy L. Combs, 48th LRS commander.

"He saved the Air Force \$880,000, and showed that without airlift capabilities the mission didn't suffer," she said.

"Pratt had a good point of contact in Turkey and got shipments

through for deployment," said Mike Novak, 48th LRS traffic manager. "He is very proactive and likes to be in the middle of things."

"I'm a qualified transport manager; when someone tells me that a job can't be done, I ask why not?" said Pratt. "When you get a job, you should do it well and see it to the end."

The squadron's plans office garnered the top award even though they moved from working under the 48th Fighter Wing to LRS in September. LRS comprises plans and the former supply and transportation squadrons.

"This unit worked especially hard this last year, which was very demanding with Air (and Space) Expeditionary Force deployments and the squadron transformation," said Combs.

An example of the squadron's contingency planning involved moving B-52 Stratofortresses through a forward-deployed location to support Operation Enduring Freedom within eight hours of notification from the wing plans office.

"We were the lead wing in USAFE for managing three AEF rotations and (consequently) were recognized and made as a benchmark for the command as the best plans program," said Master Sgt. Robert Norene, 48 LRS NCO in charge of wing contingency planning and training.

## Liberty warriors keep deployed locations secure

*48th SFS members provide listening, observation at forward operating bases*

SENIOR AIRMAN AMANDA MILLS

321ST AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

At an observation post, two airmen take a closer look at ships on the ocean with pairs of high-powered binoculars. At the search pit, military working dogs sniff through a vehicle before it is released to approach the 321st Air Expeditionary Wing's entry control point.

And at the ECP, a truck stops at the drop arm and the driver waits for an airman to inspect his Department of Defense identification card before the vehicle is allowed into the wing's tent city.

The 321st Expeditionary Security Forces Squadron works hard at several locations to keep the airmen here safe.

"Our mission is to protect Air Force resources and personnel by first deterring enemy forces and then if necessary detect and respond," said Maj. Mary Lutz, 321st ESFS commander. "By succeeding in our job we allow the other squadrons to execute their missions."

Although most people are aware that security includes the search pit and the guards at the ECP, it also includes observation posts, mobile and flightline patrols and a control

center.

The search pit is the first line of defense into tent city. There, handlers use dogs to inspect every vehicle that has business with the wing.

"The K-9 handlers not only run their dogs around and through every vehicle, they maintain a kennel and see to the health and welfare of all the dogs," said 1st Lt. Shawn Swarz, operations officer. "These guys are responsible for around the clock checks on the kennel and providing care and maintenance to these dogs."

Ion scanners are also used to detect specific areas that a dog alerts to.

"We're usually pretty busy here, making sure every vehicle is searched before it enters tent city," said Master Sgt. Thomas Ewing, NCOIC of the search pit.

"It's a great position though, and I enjoy the daily interaction with the TCNs (third country nationals)."

After the search pit, people must enter tent city through the ECP. Drop arm barriers block the entry and exit gates, and are down 24 hours a day, 7 days a week.

"Guardsmen at the gates check DOD ID cards, check the gate equipment at shift change, and watch for anything out of the ordinary," said Staff Sgt. Bruce Lawler, staff NCO.

"They're also trained to recognize if people are under duress."

Inside and outside of tent city, patrolmen

and observers ensure security is maintained at various locations. Patrolmen include flightline and mobile patrols that vary their routes and checkpoint times. Listening and observation posts, or LP/OPs, use high-powered binoculars and night vision equipment to monitor certain areas.

One LP/OP watches the avenue of approach for ocean vessels from the shore.

"The water is a big threat, and one that is important to cover," said Airman 1st Class Sophia Myron, LP/OP airman, who is deployed from the 48th Security Forces Squadron at RAF Lakenheath.

"Our job is to observe the ocean, making sure everything's A-OK, and report anything out of the ordinary to the control center."

Every security forces flight member reports to the control center – the hub of the squadron. The center controls the flights, facilitates radio communications and phone calls to main locations, and handles emergency calls.

"This has been a satisfying deployment for me," Lutz said. "We've got state-of-the-art equipment, but even more important is the attitude and dedication that every member has shown here."

"They absolutely take pride in accomplishing their duty. I am proud to be a member of this unit where personnel don't hesitate to step up to every challenge presented to them. I couldn't imagine myself in any other unit."



# Civilian hiring freeze initiated

BY MATT TULIS

100TH AIR REFUELING WING PUBLIC AFFAIRS

Commanding officers from both RAFs Mildenhall and Lakenheath have issued an immediate hiring freeze on U.S. civilian appropriated fund vacancies within the 100th Air Refueling Wing, 48th Fighter Wing, tenant and geographically separated units.

In a joint memo dated April 4, Col. Donald Lustig, 100th ARW commander, and Brig. Gen. John Brennan, 48th FW commander, said the move was made in light of recent direction from U.S. Air Forces in Europe to reduce civilian authorizations beginning in fiscal year 2004.

"A hiring freeze is a pretty standard procedure when you anticipate that civilian cuts are coming," said Paige Hinkle, 100th Mission Support Squadron civilian personnel

officer. "We treat it as a kind of safety net that allows us to stockpile vacancies in the event you get to the point where a reduction in force is necessary."

The freeze impacts both bases simultaneously and it is hoped to lessen the brunt of cuts in the number of civilian positions that must occur by Sept. 30 of this year.

"We hope we won't ever get to that point," said Hinkle. "That's why you try to implement the freeze—stop bringing new people on board, hold on to some vacancies—and then management has the option of moving people around to those vacancies to get them off the positions that are being cut."

Exceptions to the freeze will be considered on a case-by-case basis, said officials, as determined by the 100th ARW Civilian Personnel Flight.

"You never want to limit yourself completely because we know there are certain positions that are absolutely mission critical and there's no way around filling the job," said Hinkle. "We have to leave the commander with that discretion. However, our thought process is exceptions should be very rare at this point because there are so many unknowns about the position cuts."

"We know hiring freezes are very difficult on organizations that are already working at a very high operations tempo," the commanders wrote. "However, this type of aggressive management action can significantly lessen the impact of position cuts and ultimately save us from increased direct and indirect costs. In the end, it is the right thing to do for our employees and the Air Force."

## Most pets allowed entrance to States; some quarantined

COURTESY OF U.S. EUROPEAN  
COMMAND CUSTOMS EXECUTIVE  
AGENCY

People moving stateside this summer may take most kinds of pets with them if they plan ahead. However, endangered species laws prevent people from taking some turtles, birds and reptiles to the United States.

"Dogs must be free of disease and be vaccinated against rabies at least 30 days before they reach the USA," said Michael Burkert of the European Command's Customs Executive Agency.

"Puppies younger than 3 months and dogs in rabies-free areas such as the United Kingdom are exempted," he added.

Unvaccinated dogs will be inoculated on arrival and confined for 30 days at the owner's expense. Cats must show no signs of disease and rabies vaccination is required in most U.S. states. Birds are quarantined for at least 30 days in a U.S. Department of Agriculture facility, again at the owner's expense.

People must reserve quarantine space in advance for their pets and obtain a health certificate for the bird.

More information on shipping pets and endangered species legislation is available in the "Pets, Wildlife" pamphlet available at military customs offices, or consult the Customs Executive Agency Web site at [www.hqusareur.army.mil/opm/pets.htm](http://www.hqusareur.army.mil/opm/pets.htm).

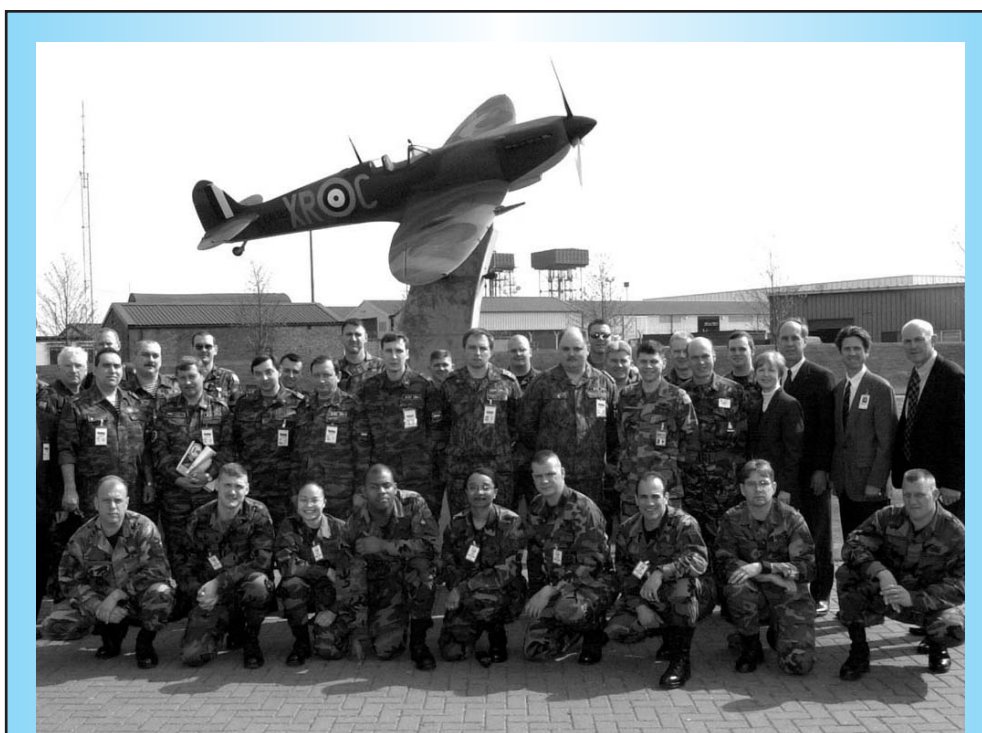


Photo by Airman Christopher Walkenhorst

### Working toward peace

A team of inspectors, including a group from the Commonwealth of Independent States (middle row), and their 48th Fighter Wing escorts stops for a photo Tuesday at RAF Lakenheath during a short-notice inspection in support of the Conventional Forces in Europe Treaty. Established in 1992, the purpose of the treaty is to build confidence and security between the United States and the nations of the former Soviet Union — two nations that spent most of the last 60 years as rival superpowers. "One of the ways we build that confidence is through transparency," said Andrew Baker, 48th Fighter Wing treaty compliance officer. While on base, the team was permitted to look inside any building with doors 2 meters or wider and any container that measures 2 meters or more on three sides. This prerequisite meant that more than 400 buildings on RAF Lakenheath were eligible, Baker said. The inspection process not only plays the important role of ensuring compliance, he said, but it also helps to build bridges between the former enemies. "It's demonstrating that we are a trustworthy ally," Baker said. "It shows that two democratic countries can work toward a common goal, and that goal is peace."

## Tips for turning in hazardous waste

### Chemical waste

Chemical wastes from expired products, empty chemical containers and accumulated wastes from hazardous waste collection points on base can be turned in from noon to 3 p.m. Mondays through Thursdays at Bldg. 1218 and from noon to 2 p.m. Fridays.

Waste to be disposed of must be accompanied by a waste profile sheet, the Material Safety Data Sheet and, if it is not a U.S. product, the Control of Substance Hazardous to Health safety sheet.

The waste must be in a container suitable for shipping, properly labeled and identified by the appropriate hazard class sticker.

### Flourescent light bulbs

Flourescent light bulbs are considered hazardous waste and should not be thrown away as regular trash. They should be collected and stored in a hazardous waste collection point until they can be disposed of properly. The base hazardous waste storage area located at Bldg. 1218 has a red dumpster specifically for the disposal of bulbs.

### Refrigerators

European Council regulations require that ozone-depleting substances be removed from refrigeration equipment before the equipment is scrapped. Refrigerators, freezers, water coolers, air conditioners and refrigerant systems have been designated as hazardous waste.

**For U.S. Government Shops:** Refrigerators will not be accepted by DRMO for direct disposal whether they are working or non-working. All waste refrigerators must be delivered to the hazardous waste storage area for disposal, or arrangements can be made to have the hazardous waste storekeeper remove the refrigerator. To coordinate a turn-in, call Neil Bradley at 226-5352.

**Households:** in Suffolk County near the base can call the Suffolk County Council, Environment and Transport Department at (01473) 583250 or visit their Web site at [www.suffolkcc.gov.uk](http://www.suffolkcc.gov.uk)

For more information, contact the household waste service officer at [HWRC@et.suffolkcc.gov.uk](mailto:HWRC@et.suffolkcc.gov.uk). for more information about household waste and household refrigerator disposal procedures and collection centers.

*(Information courtesy of the 48th Civil Engineer Squadron Waste Program manager)*



Photo courtesy of the 48th Fighter Wing History Office

### 50 years of news

On March 11, 1966, 24 of the wing's F-100s touched down at Bodo Air Station, Norway, for participation in a NATO exercise, Winter Express. This exercise marked the first time that U.S. Air Force tactical aircraft continuously operated above the Arctic Circle.

## Liberty Warrior

**Hometown:** Des Moines, Iowa  
**Time in service:** 10 years, 7 months  
**Time on station:** 9 Months  
**Role in mission:** Airman Leadership School Instructor  
**Hobbies:** Travel, do-it-yourself projects  
**Favorite movie:** "Gladiator"  
**How do you contribute to the wing mission?** I prepare new supervisors for today's Air Force.  
**What does the Air and Space Expeditionary Force concept mean to you?** Be ready to go anywhere, anytime.  
**If you could change one thing about the Air Force, what would it be?** The Enlisted Evaluation System from E1-E4  
**What do you like most about being in the United Kingdom?** The people, history and things to see  
**How would you improve life at RAF Lakenheath?** I would encourage everyone to work on customer service.  
**How do you fulfill core values?** Everyday I give the Air Force 100 percent and no less.  
**What's the most exciting experience you've had in the Air Force?** When I worked in protocol, I was able to see that the higher ranking officials really do care about each and every member of the Air Force.

**Who is your favorite leader in history and why?** Chief Master Sgt. Vickie Mauldin, because she is personable to each and every person she comes into contact with and goes out of her way to help.

**If you could live in any period of time, when would it be? Why?** 15-16th century, because life was simplistic.

**What is your philosophy of life and why?** Everything happens for a reason.

**What's your favorite region of the United States and why?** New England, because everything is within a few hours' drive.

**Where do you see yourself in 10 years?** Retired, living in Scotland  
**Who is your role model and why?** Capt. David Malakoff – I really looked up to him for advice and assistance, and I have gained a true mentor for life.



Staff Sgt.  
Timothy Hicks  
48th Mission Support  
Squadron Airman  
Leadership School



## Texas Airman killed in action over Iraq

WASHINGTON (AFPN) — Department of Defense officials announced April 18 that Capt. Eric B. Das, 30, of Amarillo, Texas, was killed in action April 7 while supporting Operation Iraqi Freedom. Das was assigned to the 333rd Fighter Squadron from Seymour Johnson Air Force Base, N.C.

Das was the pilot of an F-15E Strike Eagle that went down April 7 during a combat mission in Iraq. The incident remains under investigation, according to officials.

The other crewmember's whereabouts is still unknown and search efforts continue.

## New promotion study guides arrive in May

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The 2003 promotion fitness exam and supervisory examination study guides are expected at Air Force locations worldwide in May.

Air Force Occupational Measurement Squadron officials here said Air Force Pamphlet 36-2241, Volumes 1 and 2, Promotion Fitness Examination and U.S. Air Force Supervisory Examination study guides are being distributed and should be available from unit Weighted Airman Promotion System managers in May. The guides become effective July 1.

The new study guides have a CD-ROM with an electronic version of the study guide included with each volume.

Members testing for promotion are required to have their promotion study references at least 60 days before testing. Senior master sergeants testing for chief master sergeant will be the first to test using the new study guides. All enlisted members are authorized a copy of the study guides, but airmen eligible for promotion have priority.

The 2003 study guides have changed considerably and should be reviewed thoroughly, according to Chief Master Sgt. Debra Bass, of AFOMS' professional development flight.



Tech. Sgt. Rich Puckett

### Easter Bunny in disguise

BASHUR AIRFIELD, NORTHERN IRAQ — Master Sgt. Paulo Dasilva, 86th Expeditionary Contingency Response Group, receives an Easter basket from Brig. Gen. Erwin F. Lessel III, 86th Airlift Wing commander. Members of the 86th ECRG spent Easter Sunday here in support of Operation Iraqi Freedom. Operation Iraqi Freedom is the multinational coalition effort to liberate the Iraqi people, eliminate Iraq's weapons of mass destruction and end the regime of Saddam Hussein.

## Romanian, American teamwork keeps deployed members fit

BY 1ST LT. KELLY JETER

458TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany (USAFENS) — It's a 20-meter by 30-meter tent with bare wood floors designated for fitness equipment, but there's more than just a deployed gym here at Constanta, Romania. There's a story about Americans and Romanians working together to accomplish just one of many joint missions at the Mihail Kogalniceanu Air Base.

Romanian workers, pulled from the laborer pool on base, were asked to assist with the assembly and positioning of a quarter of a million dollars worth of equipment for the new gym. And they excelled at the task before them in a way no one would have expected, much less asked for.

"Normally in stateside bases, when we get new gym equipment delivered, we move it into place with pallet jacks. Here, we don't have any, so these guys moved every bit of it by hand," said Staff Sgt. Eric Heavrin, the 458 Air Expeditionary Group NCO in charge of fitness. "Most of these pieces weigh 300 pounds or more."

The Romanian laborers lifted the fitness equipment at the edge of the platform, and often moved it 50 feet or more to put it in place.

Then, the REAL work began.

"The fitness instructions were all in

German, and no one knew how to read them," said Heavrin. The eight elliptical machines, eight treadmills, 13 stationary bikes, and five stair steppers were all in pieces with a lot of assembly required.

Heavrin, who normally hangs his hat at the 375th Services Squadron, Scott Air Force Base, Ill., was amazed at the hard work put into the endeavor and the great success that came out of it. "We plugged in the equipment, and all of it functioned the way it was supposed to."

"This is the guy who did it all," said Heavrin, with a companionable smack on the shoulder of Epure Bogdan-Cristian, the Romanian workers' foreman. Nicknamed Zaiet, and commonly called "Z," Bogdan-Cristian modestly smiled and acknowledged that the German instructions were a challenge, but they sorted through it to make it all work.

Col. Steven Dreyer, commander of the 458th Air Expeditionary Group here, cut the ribbon for the grand opening of the new fitness center April 15.

"We want to thank you for the hard work you all put into this," said Dreyer. "It couldn't have happened without the creative problem-solving you employed to get this all together."

A soldier dressed in a physical training uniform all ready to work out helped Dreyer cut the ribbon on the new facility. Within five minutes of opening the fitness center, seven airmen and soldiers were breaking a sweat, thanks to the sweat of our Romanian friends.

(Courtesy of USAFE News Service)





# EARTH WEEK 2003

Community volunteers time, knowledge

Story and photos by Maj. Francisco G. Hamm

48th Fighter Wing Public Affairs

Amanda Baker, a Lakenheath Elementary School third grade student, dipped her in the rippling pond near Peacekeeper Park Tuesday, looking to find a diving beetle or small tadpole to inspect. She dragged the net across the water, pulled it out and took a closer look. She didn't see anything so she threw her net back in for another try. Baker and her class were participating in pond dipping, one of the many events being offered as part of Earth Week 2003 celebrations at RAF Lakenheath and RAF Mildenhall through Sunday.



Although Earth Day is officially observed on April 22, most bases and organizations plan for a week of activities that center on environmental awareness.

"We try to include something for everyone," said Jean Dennett, 48th Civil Engineer Squadron and Earth Week 2003 event coordinator. "The goal is to get people of all ages engaged in learning more about the environment and ways to protect it."

Originally organized by Denis Hayes and a group of Berkley University, Calif. Students and former Senator Gaylord Nelson, D-Wisc., in the early 1970s, the first Earth Day events featured the largest grass roots mobilization in United States history, at that time; more than 20 million people gathered in North America. Out of these events emerged what has come to be known as the environmental movement and the first environmental legislation – the Clean Air and Clean Water Acts.

RAF Lakenheath and RAF Mildenhall joined forces to present a variety of environmentally focused events planned throughout the week that include clean-ups, restoration projects, tree plantings, face painting, reading and other projects for both children and adults.

Many events are interactive to raise awareness through participation, according to organizers. For

example, the children at the RAF Lakenheath Child Development Center not only read books about the environment, but also have the opportunity to go home with a live plant. "The children get to plant seeds and take home a plant so they can learn about the importance of plant life within our environment," said Airman Kristen Edwards, 48th Aerospace Medicine Squadron.

While children plant seeds, visitors to the base's Wastewater Treatment Plant got a peek at recycled water.

"We want our visitors to be able to see the ecological process that our waters has to go through to be recycled," said Master Sgt. William Kopfman, 48th CES utility systems foreman. "We also tied it to the National Drinking Water Week, which is the first week in May, and give tips on water recycling techniques that reduce the impact on the environment."

Most of these events are planned and organized by volunteers.

"The volunteers are what makes this week possible," said Dennett. According to Master Sgt. Antonio Walton, 48th Mission Support Group, there are more than 100 volunteers from both bases this year.



Senior Master Sgt. Dennis Bloney, 48th Medical Support Squadron, reads a book Tuesday while at the child development center about the top 10 ways to save the environment. **(Top left)** Hillary Lindsay, Zach Burke and Amanda Baker, Lakenheath Elementary School students, participate in pond dipping during Earth Week 2003. **(Bottom left)** Airman Kristen Edwards, 48th Aerospace Medicine Squadron, and volunteer coordinator for the seed planting project, helps Justin Williams, 3, plant a seed during a seed planting project at the child development center Tuesday. Earth Week 2003 events are scheduled through Sunday.

## Earth Week volunteer opportunities

### Today

Tours of wastewater treatment plant, Building 1026, 1 p.m., 226-5938

Child development center story time, Airman Kristen Edwards at 226-8047

Free emissions check with engine tune-ups, auto hobby shop at 226-2454

Home school participation, Jean Dennett at 226-3990

Recycling center volunteers and tours, Tech. Sgt. Michael Atkins at 226-5977

Environmental agency trailer, Monica Schichtel at 226-2208

Can recycling competition at all DoDDS schools, Staff Sgt. Tony Robles at 226-1815  
Third grade class pond

dipping, Airman 1st Class Melissa Owens at 226-2478.

### Today through Saturday

Bike special – 10 percent off purchases, Julian Harrison at 226-2146

### Saturday

Face painting, Hazel Neal at 226-2620

Red Lodge Nature Reserve project, Tech. Sgt. Sheldon Cohen at 226-7296

Lakenheath Warren cleanup, Senior Airman Maria Mitchell at 226-5532

West Stow Country Park project, Hazel Neal at 226-2620

### Sunday

Lizard project, Adele Turner at 226-1916



# Best in Show

## RAF Lakenheath family's pup a British hit

**W**hen you think of show dogs, what comes to mind? Personally, I envision perfectly groomed dogs prancing around with their noses in the air, obeying every command their owners bark out. So, when I was tasked to write a story on a dog here that placed in the largest dog show in the world – Crufts – I went to the interview with a “robot dog” stereotype in my head. Thankfully, this wasn’t the case.

Jalero Mystery Man, “Scrumpy Jack,” is just plain-old Jack to his owners, Master Sgt. David Blaine, 48th Civil Engineer Squadron, and Denise Blaine, 51st Field Investigations Squadron. He’s like every dog – protective of his home, faithful to his owners, and playful like a puppy. But what sets him apart is his general appearance. And according to Denise, his classic Schnauzer characteristics make him a winner.

“We never had intentions of showing him,” said Denise. “We only wanted him for a pet.”

But while the Blaines were on leave, the breeder they purchased him from (Jacky Watson) decided to enter him in a show. At 8 months old and without prior training, he won first place in his class and has kept winning ever since.



Champion Schnauzer Scrumpy Jack, with his owners, Master Sgt. David Blaine, 48th Civil Engineer Squadron, and Denise Blaine, 51st Field Investigations Squadron. The award-winning pooch was destined to be a family pet until the Blaines realized his potential as a show dog.

“We were shocked that he won, and now we attend dog shows regularly to see how far he can go,” said Denise. Last year, Jack placed first in his class in 10 of 13 shows, which included two reserve champion certificates that automatically qualify him entry to Crufts for life.

Jack, only 2, has already won first and second place respectively in the Schnauzer, Post Graduate/Limit Dog Category at the Crufts 2002/2003 Dog Shows. If someone had told the Blaines this when they first got Jack, they would have never believed them.

“It’s hard for him to stand still for just 10 minutes,” David said. “There’s a wildness about him [this breed] more than with the other dogs. At shows, local people are often shocked at his performance. And because of that, some of his second-place winnings could have been first.”

But that doesn’t bother the Blaines in the least.

“Jack’s our pet and showing him is only a hobby,” David said. “Sure, I’m competitive by nature and can be disappointed if he doesn’t take first. But overall, it’s fun. We travel and meet a lot of new and interesting people.”

Although it’s fun, there’s still a lot of work involved. Denise spends most of her free time training Jack and keeping him fit. To prepare him for a show, Denise also has to groom Jack.

“I give him a bath, hand-strip his coat, shave him, trim his nails – the works. Grooming and preparing Jack for one show can take six hours,” she said.

Despite the amount of time and effort involved, the

Blaines plan to keep showing Jack while they’re stationed at RAF Lakenheath and when they return to the States. But with current, real-world events, the Blaine’s have taken a short break from

showing and are just enjoying their pet.

Seeming oblivious to his winnings, Jack is still a house dog with a mind of his own. “Showing Jack hasn’t changed him,” Denise said. “He’s a loveable, loyal, and playful dog that’s taken over our home and hearts.”

Story and photos by Staff Sgt. Tiffany Jeltema





Photo by Maj. Francisco G. Hamm

### To the limit

Matt Johnson, Lakenheath High School sophomore, completes the 800-meter anchor leg of the boys' sprint medley relay Saturday during a track meet at York. The team placed second in 4 minutes, 29 seconds.



Photo by Senior Airman Lynne Neveu

### Going for it

Matt Rameros (**center**) fights for the ball as teammate Todd Maloney backs him up Saturday during the Lakenheath High School JV team's match against the Weisbaden, Germany Lions. The Lions defeated the Lancers, 2 – 1. The boys' varsity Lancers scored a 2 – 0 victory against the Lions. The varsity girls were left behind in overtime during a hard-fought match against the Lions, 3 – 2.

# Swing into golf season

## Form, fitness and flexibility improve golfers' game

BY CAPT. JON SAMS

48TH MEDICAL OPERATIONS SQUADRON

The incredible achievements of Tiger Woods highlight a new athleticism associated with a sport that was once considered leisurely. Today's professional golfers, men and women, are faster, more flexible and more powerful than ever before. They are more health conscious, participating in rigorous daily training including weight lifting, flexibility exercises, aerobic conditioning and sport-specific training to enhance body mechanics.

According to the American Physical Therapy Association, a health-conscious approach is just as important for the amateur golfer as it is for the professional. Awareness of proper form and the importance of fitness and flexibility will help the recreational golfer improve his or her game and may even lower that all-important handicap.

Keith Kleven, physical therapist, works with a number of prominent professional golfers, including Tiger Woods and Mark O' Meara. Kleven states that a golfer often spends hundreds of dollars on the latest equipment but forgets that his or her body is the most

important piece of equipment.

The pros make it look easy, but the golf swing is actually one of the most difficult and complicated movements in all sports, requiring stability in some joints and flexibility in others. Bending the knees before swinging, rotating the hips and spine during the golf swing, and using proper range-of-motion techniques throughout the swing play a large role in preventing injuries.

As an added bonus, a better swing results in a more accurate ball strike, greater distance and reduced stress on the muscles and joints. While these facts apply to all golfers, female golfers have unique differences in anatomy, physiology and body mechanics that must be considered when designing a training program.

Weekend golfers often attempt to swing with the speed and force of professional athletes, and often after sitting behind a desk all week and without warming up. When the weekend comes, they hit the links and blast the golf balls as far as possible.

Seven to eight times a golfer's weight is compressed into the spine with each swing. With this kind of force, it's easy to damage discs and strain muscles. In fact, the most



common injuries among golfers involve the spine, including the upper back, lower back and neck.

Flexibility is as important as proper form. Golfers of all ages and abilities should make a habit of warming up and stretching beforehand.

It is important for golfers to spend at least 20 minutes warming up and stretching all the major muscle groups, especially the back and lower extremities, before practice or play. Golfers should not wait until they are on the course before stretching, because that is neither practical nor conducive to a thorough stretch.

Cardiovascular conditioning also plays a crucial role in performance. Fatigue can result in poor performance due to a lack of coordinated body movements.

To keep endurance up and muscles warm and conditioned, golfers should walk the course whenever possible.

Aerobic conditioning and strength training are excellent injury prevention tools that can ultimately help golfers improve their game.



# Standing up for our children

**Ensuring our most precious resources grow strong and proud**

BY SUE ZELENITZ

FAMILY ADVOCACY CLINIC

April is Child Abuse Prevention Month and Month of the Military Child. This gives people the chance to look at the status of children in the United States and to address possible child abuse and prevention strategies.

Every year, millions of children are killed or injured because of child maltreatment in the United States. This statistic affects a multitude of people. By not addressing the issue of child abuse, we risk damaging the very foundations of our society – the children. What can we do to stem this tide and prevent the damage?

There is help, both in the civilian and military communities. At RAF Lakenheath and RAF Mildenhall, the helping agencies provide ongoing services to parents, children and others interested in providing a safe environment for vulnerable people. Family advocacy offers regularly scheduled classes such as “Taming Your Temper” and “Stress

Relief.” In addition, conflict resolution classes are available on an as-needed basis. New classes such as “Yours, Mine and Ours,” a

step and blended family parenting class, is now offered on RAF Lakenheath, along with “Active Parenting of Teens.” Plans are in the works for “Love and Logic,” a very successful parenting program, to be offered at RAF Lakenheath.

Stop by and see us for tips on what you can do to prevent and intervene in abusive situations safely and appropriately. Find out how you can improve your already productive skills. Get some suggestions from us on how to deal with children during deployments and how to take of yourselves as adults and

caregivers. We welcome this opportunity to get to know people in the community better.

Children are our greatest resource. Please handle with care and enjoy.

For additional information, call the family advocacy program at 226-8070 or the family support center at 226-3847.



Photo by Senior Airman Lynne Neveu

Strong role models, such as coaches and teachers, are important to the growth of our children.

## Personal safety is a joint effort

BY INSPECTOR NICK BENNET

SUFFOLK CONSTABULARY



On behalf of the Suffolk Constabulary, I would like to take this opportunity to welcome you to Suffolk. Our aim is to make the county the safest in England and Wales by 2006, and we're well on the way to achieving that aim.

U.S. Air Force members and their dependants make up a very significant proportion of our community, and it won't come as any surprise to you that from time to time Air Force members become victims of crime.

The vast majority of those crimes involve property stolen from cars or houses - violent crime is very rare.

Suffolk Police, the Ministry of Defence Police and your own 48th Security Forces Squadron have a long history of working together to tackle problems as they arise. We are currently working on a number of initiatives to further reduce the likelihood of your becoming a victim of crime. You will no doubt be aware, however, there have been some protests at military bases. We have received a very small number of reports of service personnel being subjected to verbal abuse by people expressing anti-war sentiments. It seems this is most likely to occur in bars and clubs in some of our larger towns.

The pubs and nightclubs in Newmarket are extremely popular with military members and British people alike, but given the large numbers of people who descend upon the town at weekends, and the quantities of alcohol which get consumed, they are potential flashpoints.

Suffolk Police and the 48th SFS therefore give the following advice:

☐ You have every right to be proud of your nation and the job you do, but try not to draw too much attention to the fact that you are American – some people may use this as an excuse to provoke a confrontation.

☐ Limit your alcohol intake – you will have a greater awareness of what's going on around you and will exercise better judgement.

☐ Don't take the bait – if you're being abused, bring it to the attention of the door supervisors or dial 999 and ask for police attendance.

Above all, enjoy the entertainment on offer but help us to ensure that Suffolk remains one of the safest counties in the United Kingdom.







# Discover Britain

By Sal Davidson – Community Relations Adviser



## Exploring the birthplace of the Beatles

**K**ing John granted a royal charter to Liverpool in 1207, creating a city now known worldwide as the birthplace of the Beatles. Liverpool was once the “Second City of Empire,” eclipsing even London for commerce at times.

The miles of docks meant the city bore witness to cargo from around the world along with mass migrations of people from all over Europe and the new world.

Liverpool is a cosmopolitan city, which is reflected in the amount of speciality shops and markets that are available. The main shopping area is centred on Lord Street and Church Street in the vibrant heart of the city. It is one of the few cities in the world that boasts two cathedrals. Liverpool Cathedral is the largest Anglican cathedral in Europe. It’s open daily from 8 a.m. to 6 p.m. It is free to visit, but donations are welcome.

The Metropolitan Cathedral of Christ the King is a rather unique Catholic cathedral. It has an unusual design. It is open from 8 a.m. to 6 p.m. with free entry; donations are encouraged.

### Architecture

Liverpool has more government-listed buildings than any other British city outside of London and more Georgian buildings than the famous spa city of Bath.

### The Waterfront

Some of the famous features that Liverpool offers are the docks. At Pier Head you can get spectacular waterfront views on a 50-minute heritage cruise. The cruise has commentary and is one of the best ways to discover the city’s fascinating maritime history.

The Albert Dock was built between 1841 to 1846 and was opened by His Royal Highness The Prince Consort July 30, 1846. The dock was restored between 1983 and 1988 and was reopened by His Royal Highness The Prince of Wales May 24, 1988. The area today constitutes a fantastic quayside location in the heart of Liverpool’s historic waterfront. The dock has become one of Britain’s most popular heritage attractions.

### The Beatles

The most famous entity to come out of Liverpool is arguably the Beatles. They revolutionised the pop industry forever and nobody could have foreseen what a massive impact they would have globally.

The Fab Four captured the heart of millions in a way that no one had before. The story of the Beatles began back in 1958 when all its members were playing in various bands. This was a time when these groups evolved into the band we know as the Beatles.

The group – Ringo Starr, John Lennon, Paul McCartney and George Harrison – signed with EMI-Parlophone in 1962. This was after Brian Epstein became the group’s manager and began to shape their appearance.



Courtesy photo

The Cavern Club, site of early Beatles concerts

### The Cavern Club

One of the venues played by the Beatles in those early days still remains one of the most famous venues in the world today – The Cavern Club. ([www.cavern-liverpool.co.uk](http://www.cavern-liverpool.co.uk))

The club was a hive of activity throughout the 1960s, providing the backdrop for a multitude of well-known acts. The club closed in March 1973 and did not open its doors again until 1984 after being rebuilt and remodeled. This may have something to do with the rumours that the old Cavern Club would, at times, have the river Mersey seeping under its walls.

Live music began again in 1990 and the club is once more one of the busiest live music venues. Paul McCartney performed his

final gig of the 20th century here in December 1999, giving it his endorsement once again.

### Beatlemania in America

Beatlemania reached the United States in 1964 with the appearance of the Beatles’ first U.S number one – “I want to hold your hand.” Another 45 top-40 hits followed in the next six years. With 20 number one singles in the United States, the Beatles relegated “The King” (Elvis Presley) to second position (with 17).

Further albums and success followed until 1970 when Paul McCartney left and the band split up. The release of the film and the album called “Let it be” documented the internal squabbles and the disillusionment of The Beatles.

### Beatles-related tourism

For those dedicated Beatles fans, this year sees the 20th anniversary of International Beatles Week from Aug. 21 to 26. People from around the world congregate for this annual event. This year sees 60 of the world’s best Beatles bands. There are various hotel packages available for this week. For more information, visit [www.cavern-liverpool.co.uk](http://www.cavern-liverpool.co.uk)

The Magical Mystery Tour introduces you to more than 30 places directly related to the Beatles; the tour guides are all expert historians. It will take you to where the Beatles grew up: Strawberry Fields and Penny Lane. The sign at Pennsylvania Avenue has been stolen so many times that they eventually had to paint it onto a building!

The tours can be individually tailored; so click on [www.cavern-liverpool.co.uk](http://www.cavern-liverpool.co.uk) for more info.

The Beatles Story Museum is located on the Albert Dock. It has won “Visitor Attraction of the Year” on several occasions.

The story takes you back into the swinging ‘60s with a nostalgic journey that involves 18 separate features. These include streets in Liverpool and Hamburg, a full-size replica of The Cavern Club, complete with basement smells, plus a walk through the yellow submarine in its underwater setting. There is also rare film footage along with the music. For more information, visit [www.beatlesstory.com](http://www.beatlesstory.com).

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail [sal.davidson@lakenheath.af.mil](mailto:sal.davidson@lakenheath.af.mil).





## Briefs

### MPF closure

The military personnel flight moves from Building 938 to Building 977 May 5 to 9. Specific locations are not yet available. The MPF will be available for emergency requests only during the move. The office closes at noon May 9.

### Certified lifeguard training, positions

□ The 48th Services Squadron requires certified lifeguards age 16 years and older to work flexible schedules. Courses include certification in lifesaving and water rescue, cardiopulmonary resuscitation for the professional rescuer and first aid training. For more information, call Grace Marsh at 226-6135.

□ An American Red Cross Lifeguard Certification class is from 6 to 9 p.m. Mondays, beginning Monday, at the RAF Lakenheath pool. Cost is \$60 to register.

### Wood skills shop



The wood skills center offers a shop use card for \$50. The card allows the recipient unlimited use of the shop for one month during regular operating hours. For more information, call the wood skills center.

### JROTC donations needed

The Lakenheath High School Air Force JROTC competition drill team travels Saturday to Naples, Italy for the European Drill Competition. The armed exhibition drill team performs this year in BDUs and boots. The JROTC team seeks donated serviceable BDUs and boots.

### BX lost and found

The RAF Lakenheath Base Exchange has a lost and found which includes checkbooks, keys, clothing, jewelry, military ID cards,



ration cards and drivers' licenses.

### Officer recruiter

The U.S. Air Force Officer Corps recruiting team visits Europe May 12 to 16. The corps is open to all U.S. citizens who hold a baccalaureate degree.

### Feltwell Elementary mentors

Mentors are needed to work with Feltwell Elementary School students for 30 to 45 minutes per week. Students are referred by the teachers for social and academic reasons. For more information, contact Mark



Solomon at [Mark\\_Solomon@eu.ode.dodea.edu](mailto:Mark_Solomon@eu.ode.dodea.edu).

### Law school forum

The 100th Air Refueling Wing Legal Office hosts a law school forum for those pursuing law school at 1 p.m. Thursday in the RAF Mildenhall legal office courtroom, Building 428. The forum is open to paralegals, airmen and officers considering law school, and for parents who want to better understand the law school process. For more information, call the RAF Mildenhall Legal Office



## Events

### OCSC lunch

The Officers' and Civilians' Spouses Club offers Bella Cafe at 10:30 a.m. May 8 at the Eagles' Landing ballroom. An Italian meal is offered for \$10. Reservation deadline is May 5.

### Homeschool curriculum fair

The Learning in a Family Environment homeschool group hosts a used curriculum fair from 5:30 to 8:30 p.m. May 5 at the Church of Christ in Brandon.



### Car boot sales

□ The RAF Lakenheath Women's Varsity Softball team hosts the Big Spring Clean Out



Photo by Senior Airman Lynne Neveu

### HUNT FOR TREATS

Kaitlyn Elliot, 2, braves the wind and chill Saturday morning during an Easter egg hunt hosted by the 48th Services Squadron at the base softball fields.

Boot Sale from 10 a.m. to 4 p.m. May 3 at the softball field across from the gas station. Setup is 8:30 to 9:45 a.m. Tables may be purchased for \$15 each. Anything from clothes, furniture, crafts, and kitchenware may be sold. For more information, call Jo Walling at (01638) 532596 or Staff Sgt. Spring Custer at 226-3478 or e-mail [spring.custer@lakenheath.af.mil](mailto:spring.custer@lakenheath.af.mil).

□ Lakenheath High School's Advancement Via Independent Determination students host a car boot sale from 10 a.m. to 4 p.m. May 3 next to the LHS softball field. AVID students are earning money for their college visitations. Pitches cost \$10. Call to reserve a space or show up the day of the event. Item donations are accepted at the high school.

## Youth

### School Advisory Committee

The Lakenheath Middle School seeks nominations for parents to be School Advisory Committee members. These volunteers contribute one to two hours per month to address school issues. The SAC is composed of four parents and four faculty members. Nomination deadline is May 5. For more information, call the middle school





## Sports physicals

The 48th Medical Group offers school sports physicals from 3:30 to 5 p.m. May 21 and 22 at the family practice clinic. For more information, call family practice.



## School Newsletters

The latest editions of the Department of Defense Dependents School Newsletters are available electronically. Newsletters are posted on the local area network in Microsoft Outlook. For RAF Lakenheath, visit Public Folders/Base Wide Information/RAF Lakenheath Schools. For RAF Mildenhall, visit Public Folders/Bulletin Boards/Schools.



## Air Force Club scholarship

Current Club members and their family members who enroll in an accredited college or university during fall of 2003 are eligible to apply for scholarships. First through sixth place

will be awarded.

## Mildenhall swim team try-outs

The Mildenhall Eels swim team offers open try-outs 7 to 8:30 p.m. Tuesdays and 6:30 to 8:30 p.m. Thursdays and Fridays.



The team is open to youth ages 5 to 19 years from all area bases.

## Classes

### University of Maryland

The University of Maryland European Division offers online registration and coursework for students here.



### University of Oklahoma

Registration is ongoing for University of Oklahoma summer semester at [www.enroll.ou.edu](http://www.enroll.ou.edu).

Many courses are still available.



## Professional development classes

The RAF Lakenheath Professional Development center offers the following courses for military and civilian personnel in Building 948, Room 309:

**Tuesday** – Effective writing, 8 to 11 a.m.

**Wednesday** – Awards and decorations, 8 to 11 a.m.

**Thursday** – Taming your temper, 9 to 10 a.m.

**May 2** – Stress relief, 9 to 10 a.m.

For more information, call Master Sgt. Leslie Ingram at 226-2300.



## Family support center

The Family Support Center offers the following classes:

**Monday**

11 a.m. – Mandatory pre-separation briefing

**Wednesday**

6 p.m. – Bereavement support group

**Thursday**

2 p.m. – Key spouse orientation

**Friday**

Noon – Key spouse meeting



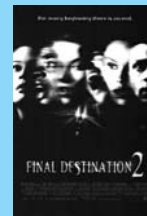
# Jet48Community

## MOVIES

### RAF Lakenheath 226-2139

**Today**

**6:30 p.m., What a Girl Wants**, PG, starring Amanda Bynes and Colin Firth. Daphne, a spirited young American girl, travels to London in search of her long-lost father, an influential aristocratic politician. As Daphne attempts to prove that love can conquer all, her impulsive behaviors create an uproar in high society, where her unique style threatens to undermine the relationship she has waited her whole life to experience.



**9:30 p.m., Final Destination 2**, PG, starring Ali Larter and A.J. Cook. Kimberly watches helplessly as a logging truck careens out of control and loses its deadly payload, setting off a horrifying chain reaction. A moment later, she finds herself still stuck in on-ramp traffic with a line of commuters she saw die moments before trailing behind her. It was only a vision. But was it also a warning?

**Saturday**  
**4:00 p.m., Treasure Planet**, G, animated. Jim Hawkins joins the crew of an intergalactic space expedition as cabin boy aboard a glittering space galleon. Befriended by the ship's cook, a charismatic cyborg named John Silver, Jim blossoms under his guidance and shows the makings of a fine spacer as he and the aliens battle supernovas.

**6:30 p.m., What a Girl Wants**, PG

**9:30 p.m., Final Destination 2**, R

**Sunday**

**4:00 p.m., What a Girl Wants**, PG

**6:30 p.m., Final Destination 2**, R

**Monday**

**6:30 p.m., Final Destination 2**, R

**Tuesday**

**6:30 p.m. Biker Boys**, PG-13, starring Laurence Fishburne and Tyson Beckford. An undefeated racer known as Smoke is the undisputed King of Cali. But Smoke's dominance of the set is about to be threatened by a young motorcycle racing prodigy called Kid, who is determined to win Smoke's helmet and earn the coveted title.

**Wednesday**

**6:30 p.m., What a Girl Wants**, PG

**Thursday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Friday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Saturday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Sunday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Monday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Tuesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Wednesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Thursday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Friday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Saturday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Sunday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Monday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Tuesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Wednesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Thursday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Friday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Saturday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Sunday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Monday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Tuesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Wednesday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Thursday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

**Friday**

**6:30 p.m., Just Married**, PG-13, starring Ashton Kutcher and Brittany Murphy. Two young newlyweds from a wealthy family find the perfect honeymoon in Venice is turning out to be the worst one imaginable. Can the marriage, which many of their friends and family said was a bad idea, survive the celebration?

## CHAPEL SERVICE SCHEDULE

### Catholic

RAF Lakenheath

- ☐ Saturday Mass – 5 p.m.
- ☐ Sunday Mass – 9:30 a.m.
- ☐ Daily Mass – 11:30 a.m. Mondays, Tuesdays, Thursdays and Fridays
- ☐ Communion Service – 11:30 a.m. Wednesdays
- RAF Feltwell
- ☐ Sunday Mass – 11:30 a.m.

### Protestant

(All Protestant services held on Sundays unless otherwise stated)

RAF Lakenheath

- Gospel Service – 8 a.m.
- ☐ Protestant Service – 11 a.m.
- ☐ Sunday School – 9:30 a.m.
- ☐ Contemporary Service – 6 p.m.
- RAF Feltwell
- ☐ Protestant Service – 10 a.m.
- ☐ Sunday School – 8:45 a.m.

### Denominational Services

- ☐ Jewish – Events at RAF Mildenhall chapel: Sabbath Services are at 6 p.m. the second and fourth Fridays of each month.